

مدارج السالكين

PATH OF THE TRAVELLER

All praises are due to Allah. Anything good is from Allah and any mistakes are from ourselves and the shaitan. May Allah forgive us.

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Al Salam Islamic Center



سم الله الرحمن الرحيم
لا حول ولا قوة إلا بالله

مدارج السالكين PATH OF THE TRAVELLER

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PATH OF THE TRAVELLER (مدارج السالكين)

YOU ALONE WE WORSHIP AND YOU ALONE
WE ASK FOR HELP (إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ)

- We have an infinite number of reasons to be happy, grateful and optimistic, and what will make us feel this? When we know Who is Allah (سبحانه وتعالى).
- Knowing Him removes all gaps. The One looking after us, upgrading us and reforming us is Allah (سبحانه وتعالى). Our closest Companion and

the One Who knows more about us than anyone else is Allah (سبحانه وتعالى).

- o The One Who will be with us in our lowest points and the One Who will stretch His Hands to us is only Allah (سبحانه وتعالى). The One Who will take us out from any problem and any calamity is Allah (سبحانه وتعالى). The One Who can give us victory and the One Who shows us love and companions is only Allah (سبحانه وتعالى). And The One Who will take us to paradise and save us from the fire is only Allah (سبحانه وتعالى).

SURAH ASH SHURA 11

لَيْسَ كَمِثْلِهِ شَيْءٌ وَهُوَ السَّمِيعُ الْبَصِيرُ

There is nothing like Him; and He is the All-Hearer, the All-Seer.

- o But what makes us see contrary to this? Lesser faith and lesser knowledge, so it is important to

always be reminded. We do not see Allah (سبحانه وتعالى), but we need to believe in Him. If we believe in ourselves, we will not benefit ourselves, but if we believe in Allah (سبحانه وتعالى), He will bring everything to us. And that is why we always need reminders. Allah (سبحانه وتعالى) will not leave us and He knows what we need in order to be purified and beautified.

- Allah (سبحانه وتعالى) knows the time, place and measure we need for our purification. He is Al Muqeet (The Nourisher) and no one truly knows our worth except Allah (سبحانه وتعالى).
- Sometimes we do not know the worth of ourselves or the people around us, but what matters is Allah (سبحانه وتعالى) knows our worth and we are worthy to go to paradise because Allah

(سبحانه وتعالى) is our Lord, He is our King and He will never leave us in any situation.

- As long as we are breathing, we need to take the opportunity and go forward to Allah (سبحانه وتعالى).
- All of us are travelling and struggling in this life, but we want the best path and that is when we believe in Allah (سبحانه وتعالى).
- We want to be active in our way to Allah (سبحانه وتعالى), and someone might think being active is just outer, but there are no feelings inside. Or someone can have a great amount feelings and thinking inside, but there are no actions.
- On a side note, when a person sneezes and he says “alhamdulillah”, then all who heard him but answer him by saying, “may Allah have

mercy on you". And the one who sneezed replies by saying, "May Allah guide and rectify your mind (give you peace of mind)."

- When the soul first entered Adam (عليه السلام), he sneezed and Allah (سبحانه وتعالى) told him to say, "alhamdulillah".

FIRST WORDS OF ADAM (عليه السلام)

عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " لَمَّا خَلَقَ اللَّهُ آدَمَ وَنَفَخَ فِيهِ الرُّوحَ عَطَسَ فَقَالَ الْحَمْدُ لِلَّهِ فَحَمِدَ اللَّهُ بِإِذْنِهِ فَقَالَ لَهُ رَبُّهُ يَرْحَمُكَ اللَّهُ يَا آدَمُ اذْهَبْ إِلَى أَوْلِيكَ الْمَلَائِكَةِ إِلَى مَلَأٍ مِنْهُمْ جُلُوسٍ فَقُلِ السَّلَامُ عَلَيْكُمْ . قَالُوا وَعَلَيْكَ السَّلَامُ وَرَحْمَةُ اللَّهِ ثُمَّ رَجَعَ إِلَى رَبِّهِ فَقَالَ إِنَّ هَذِهِ تَحِيَّتُكَ وَتَحِيَّةُ بَنِيكَ بَيْنَهُمْ .

Abu Hurairah narrated that the Messenger of Allah (ﷺ) said: "When Allah created Adam, He breathed the soul into him, then he sneezed and said: 'All praise is due to Allah.' So he praised Allah by His permission. Then His Lord

said to him: ‘May Allah have mercy upon you O Adam. Go to those angels – to that gathering of them sitting – so say: “As-Salamu Alaikas-Salamu, Wa Rahmatullah’ Then he returned to his Lord, He said: ‘This is your greeting and the greeting of your children among each other.’¹

○ Allah (سبحانه وتعالى) loves the sneeze and it is not in our control when we can sneeze. And when a person sneezes, the human body stops for that moment, so we praise Allah (سبحانه وتعالى). There is a story of a scholar who was on a shore and there were others on a boat. A man on that boat sneezed and said, “alhamdulillah”. The scholar heard him so he rented a boat for a dirham and went to tell that man, “may Allah have mercy on you”, subhan Allah. So what made this man to go forward and take these steps? Belief.

¹ Jami’ At Tirmidhi Book 47, Hadith 3694

- The heart is the most important part in our body; it is the king, and this is what Allah (سبحانه وتعالى) looks at. This heart can take us to the highest level in paradise or to the lowest level in the fire.



ALLAH LOOKS AT OUR HEARTS

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " إِنَّ اللَّهَ لَا يَنْظُرُ إِلَى صُورِكُمْ وَأَمْوَالِكُمْ وَلَكِنْ يَنْظُرُ إِلَى قُلُوبِكُمْ وَأَعْمَالِكُمْ ".

Abu Huraira (may Allah be pleased with him) reported Allah's Messenger (ﷺ) as saying: Verily

Allah does not look to your faces and your wealth but He looks to your heart and to your deeds.²

² Sahih Muslim 2564

- Our outer is not a measure with Allah (سبحانه وتعالى) because everyone judges us with our outer, but Allah (سبحانه وتعالى) will look at what no one has access to, and that is our heart. No one can purify our hearts from sins, no one can make our heart free of arrogance, no one can make our heart attach to Allah (سبحانه وتعالى) except Him. No one can look into our hearts and see if we love someone or not.

IF THE HEART IS GOOD, THE REST OF THE
BODY WILL BE GOOD

أَلَا وَإِنَّ فِي الْجَسَدِ مُضْغَةً إِذَا صَلَحَتْ صَلَحَ الْجَسَدُ كُلُّهُ، وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدُ كُلُّهُ. أَلَا وَهِيَ الْقَلْبُ "

There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt and that is the heart.³

³ Sahih al-Bukhari 52

- When the heart is good, then all the body will be good, but when the heart is corrupt, then all the body will be corrupt. And the place of taqwa (cautiousness) is in our heart.

TAQWA IS IN THE HEART

التَّقْوَى هَا هُنَا " . وَيُشِيرُ إِلَى صَدْرِهِ ثَلَاثَ مَرَّاتٍ

The piety is here, (and while saying so) he pointed towards his chest thrice.⁴

- The value of a person is based upon the beauty of their heart. Allah (سبحانه وتعالى) tells us about the good heart in the Qur'an:

SURAH ASH SHU'ARA 87 TO 89

87

وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ

And do not disgrace me on the Day they are [all] resurrected -

88

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ

⁴ Sahih Muslim 2564

The Day when there will not benefit [anyone]
wealth or children

89

إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ

But only one who comes to Allah with a sound
heart."

- Allah (سبحانه وتعالى) tells us about Ibrahim (عليه السلام) who asked Allah (سبحانه وتعالى) to not be disgraced on the Day of Resurrection because it is a day when no wealth or children will benefit. In this life, sometimes money or children will benefit a person, but not in the hereafter. The only thing that will benefit us on that Day is whoever comes to Allah (سبحانه وتعالى) with a sound and pure heart.
- The heart in Arabic is called (قلب) which means “to turn and flip”. Our heart turns all the time,

but we want our heart to turn to Allah (سبحانه و تعالی), and we want to be cautious of this.

- Imagine if our mother or mother-in-law says she wants to inspect our house, what will happen? We will we quickly tidy it from the outside, but everything is filled and stuffed inside the cabinets. It is easy to make the outer look neat, but to arrange the inside requires more time, it needs pricey containers.
- And to Allah (سبحانه و تعالی) is the best example, He inspects and witnesses our heart 24/7. If there is shirk, we immediately want to remove it, if there is jealousy, we want to take it out, and if there is love and belief, we want to keep it and maintain it. We do not want our heart to be cluttered.

- And to clean the outside can be done by anyone, but the inner cannot be done except by us. And if we take care of the inner, then we can easily take care of the outer.
- We cannot have an active heart if our heart is cluttered and corrupt. That's why Ibn Al Qayyim (may Allah have mercy on him) said to focus on the heart first and purify it from sins, sicknesses and impurities so that it can be an active heart.
- We cannot be active if we are sick. And the active heart is the one that skips everything and goes to Allah (سبحانه وتعالى).
- What does it feel when we have a “clean heart”? We feel happy, peaceful, tranquil, at rest, optimistic, light, motivated and grateful.

We feel there is no boundary and we can just fly.

- When the heart is sick it feels tired, tight, unhappy, blocked, restless, irritated, sad, sensitive, overthinking, lonely, no one understands and isolated.
- Our life cannot go forward if we do not focus on purifying our heart. We want to purify our hearts, but how can we know if we do not understand what is irritating us, and the One in charge of purifying our heart is Allah (سبحانه وتعالى), how? Through decrees.
- Sometimes a person sick in the heart has arrogance or jealousy and he does not know this yet, but then a decree happens which reveals these feelings. For example a single child feels he is fine, but when a second child

comes, he cannot stand it, he is irritated, he wants to poke it.

- When we go through situations and decrees, we will realize our heart is reacting, but it is important to accept Allah (سبحانه وتعالى) as our Lord and Nurturer and that He is purifying our heart.
- So Allah our Rabb will purify our heart through decrees, and when we feel this change, we should not blame others because that will only make the heart more sick.

SURAH AN NOOR 28

وَإِنْ قِيلَ لَكُمْ اذْجِعُوا فَارْجِعُوا ۗ هُوَ أَزْكَىٰ لَكُمْ ۗ وَاللَّهُ بِمَا تَعْمَلُونَ
عَلِيمٌ

And if it is said to you, "Go back," then go back; it is purer for you. And Allah is Knowing of what you do.

- We will not know if we have shirk in our heart until we see the one whom we are attaching to disappoints us, and this is purification from Allah (سبحانه وتعالى) to make us recognize there is shirk in our heart.
- Every situation is to purify our heart, so we should accept it as nurturing, and this will make it easy to overcome ourselves. Then we can defeat the desire of our nafs.

SUPPLICATION TO BE GRANTED TAQWA

اللهم آت نفسي تقواها، وزكها أنت خير من زكاها، أنت وليها
ومولاها

O Allah! Grant me the sense of piety and purify my soul as You are the Best to purify it. You are its Guardian and its Protecting Friend.⁵

- We ask Allah (سبحانه وتعالى) to grant us taqwa and to purify it because He is The Guardian of our

⁵ Riyadh As Saliheen, Muslim, Book 17, Hadith 1479

heart and only He can handle the sicknesses of our heart.

- In the path of the traveler to Allah (سبحانه وتعالى), it begins with being active, and this starts with the heart. The heart cannot be active if it is sick, and when we accept the nurturing of Allah (سبحانه وتعالى) then it will be purified. But if we see it as, “why did she say this, why did she do that?”, then it will further sicken the heart.

ALLAH AN NASEER – THE VICTOR, SUPPORTER (النصير)

- An Naseer is the One Who gives victory and He is The Supporter.
- When we think of victory, we imagine two groups against each other. But true victory is to overcome ourselves before anything else. To

give victory to ourselves is to overcome our ego and to go forward to Allah (سبحانه وتعالى).

- Victory is not only belief without action. Victory is something great, to be an example for others. This is by taking the means and to overcome ourselves.
- When those around see how a person is overcoming himself and becoming better, this is a great victory by itself.
- There are also obstacles to getting victory. It cannot be attained by one who is arrogant or one who wrongs himself or others.
- Allah (سبحانه وتعالى) will give victory even to a disbeliever if the other party is being unjust.

VICTORY IS WITH PATIENCE

أَنَّ النَّصْرَ مَعَ الصَّبْرِ،

And know that victory comes with patience,⁶

- Victory is not in a moment. We cannot give up on our way to Allah (سبحانه وتعالى).
- Patience has great value and virtues.

SURAH AZ ZUMAR 10

إِنَّمَا يُؤَفِّي الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ

Indeed, the patient will be given their reward without account."

- The patient have endless reward.

SURAH AS SAJDAH 24

وَجَعَلْنَا مِنْهُمْ أَئِمَّةً يَهْتَدُونَ بِأَمْرِنَا لَمَّا صَبَرُوا وَوَكَّانُوا بآيَاتِنَا يُوقِنُونَ

And We made from among them leaders guiding by Our command when they were patient and [when] they were certain of Our signs.

- The virtue of patience is leadership in the religion. This is by being a good role model, by

⁶ Hadith 19, 40 Hadith an-Nawawi

not giving up and continuing to have hope in Allah (سبحانه وتعالى).

- This victory is not for our own selves, but to give victory for Allah (سبحانه وتعالى) because we want to show the great example of believing in Him and submitting to Him.

SURAH AN NASR

1.

إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ

When the victory of Allah has come and the conquest,

2.

وَرَأَيْتَ النَّاسَ يَدْخُلُونَ فِي دِينِ اللَّهِ أَفْوَاجًا

And you see the people entering into the religion of Allah in multitudes,

3.

فَسَبِّحْ بِحَمْدِ رَبِّكَ وَاسْتَغْفِرْهُ إِنَّهُ كَانَ تَوَّابًا

Then exalt [Him] with praise of your Lord and ask forgiveness of Him. Indeed, He is ever Accepting of repentance.

- The victory of Allah (سبحانه وتعالى) is when we see people are submitting to Allah (سبحانه وتعالى) and returning to Him.
- We glorify Allah (سبحانه وتعالى) not because of ourselves but for Him.
- We want Allah (سبحانه وتعالى) to use us so people return to Him.
- To give victory to the Prophet (ﷺ) is by taking him as an example. The nurturing he went through is reflective of whatever anyone goes through in life.
- To give victory to the Qur'an which is the pure Word of Allah.

- Victory is by showing a good example, because we love Allah (سبحانه وتعالى). He has shown us the best so surely we want to show the best.
- We want to overcome our nafs for Allah (سبحانه وتعالى) and to show the best example. And this best example is with a sound heart. And it is to give victory to the religion of Allah (سبحانه وتعالى), and not to give victory to ourselves which was the case of Firaoun. Or to the people of Ibrahim (عليه السلام) who threw him in the fire to give victory to their idols.
- When we are a good example, we will inspire others to return to Allah (سبحانه وتعالى). May Allah An Naseer grant us tawfeeq to give victory to His deen. Ameen.

HOMework: Find the word (قلب) “heart”, in the Qur’an and distinguish between the places when it is referring to a good heart or bad heart.

MAY ALLAH GRANT US SOUND HEARTS. AMEEN.

REFERENCES

1. مدارج السالكين - ابن القيم



RELATED RESOURCES

SURAH ASH SHU'ARA 87 TO 89

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